

**Dairy products and substitutes**

Whipped cream, 15 g	0
Cheese substitutes, coconut oil, 30 g	0
Sour cream, 24 g	0
Cream, 15 g	0 (0-1)
Cream, non-dairy, 15 g	0 (0-1)
Cream cheese, 30 g	0 (0-1)
Evaporated milk, 15 g	0 (0-1)
Cheeses, 30 g	0 (0-3)
Quark, 100 g	1 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cream substitute, oat, 15 g	1 (0-1)
Yogurt drink, 188 g	1 (0-1)
Cultured milk, 188 g	1 (0-1)
Processed cheese, 30 g	1 (0-2)
Milk, 250 g	1 (0-3)
Yogurt, with fruit, 175 g	1 (0-5)
Almond beverage, 250 g	1 (1-3)
Cottage cheese, 125 g	1 (0-4)
Yogurt, 175 g	1 (0-3)
Milk powder, 25 g	1 (0-3)
Yogurt drink substitute, coconut, 188 g	1 (0-3)
Rice beverage, 250 g	2 (1-3)
Paneer/khoa/halloumi, 80 g	2 (1-3)
Buttermilk, 250 g	2 (0-4)
Yogurt substitute, coconut, 175 g	2 (0-13)
Oat beverage, 250 g	4 (2-5)
Coconut beverage, 250 g	4 (0-11)
Soy beverage, 250 g	5 (1-13)
Yogurt substitute, soy, 175 g	11 (4-22)

**Grain products and bakery**

Rice paper, 15 g*	0
Pastry doughs, 21 g	0 (0-1)
Simple pastries, 55 g	1
Yeast dough, 55 g	1
Crackers, butter-type, 30 g	1 (0-1)
Baguette, 75 g	1
Crackers, saltine or cream, 30 g	1 (0-1)
Soft pretzel, 55 g	1
Cold cereal, rice, 15 g	1 (0-1)
Hot cereal, wheat, dry, 40 g	1 (1-2)
Cold cereal, corn, 30 g	1 (0-2)
Hot cereal, rye, cooked, 194 g	1
Bread, barley, 75 g	1
Rusk, plain or fruited, 30 g	1

Breadcrumbs, 30 g	1
Pasta, rice or corn, cooked, 215 g	1 (0-2)
Crackers, 30 g	1 (0-2)
English muffin, 55 g	1
Crackers, seeded, 30 g	1
Glass noodles, cooked, 215 g	1 (0-1)
Rolls and biscuits, 55 g	1 (1-2)
Cold cereal, wheat bran, 30 g	1 (1-4)
Hot cereal, wheat, cooked, 194 g	1 (1-6)
Flatbread, 55 g	1 (1-2)
Cold cereal, wheat bran with raisins, 30 g	1 (1-2)
Bagel, 85 g	1 (1-2)
Bread, white, 75 g	1 (1-2)
Crispbread, 30 g	1 (1-2)
Hot cereal, corn, cooked, 194 g	1 (1-2)
Hot cereal, rice, dry, 40 g	1 (1-2)
Rolls, seeded, 55 g	1 (1-2)
Bread, rye, 75 g	1 (1-2)
Pasta, white wheat, cooked, 215 g	1 (0-3)
Rice cakes, 15 g	1 (1-2)
Pasta, whole wheat, cooked, 215 g	1 (0-3)
Hot cereal, barley, cooked, 140 g	1 (1-3)
Pasta, white wheat, dry, 85 g	1 (1-4)
Cold cereals, junk food, 30 g	2 (1-3)
Bread, whole wheat, 75 g	2 (1-5)
Hot cereal, rice, cooked, 194 g	2 (1-2)
Potato dumpling/gnocchi, cooked, 215 g	2 (1-3)
Bread, multigrain, 75 g	2 (1-11)
Pasta, whole wheat, dry, 85 g	2 (1-3)
Bread, gluten-free, 75 g	2 (0-4)
Bread, fruited, 75 g	2 (1-4)
Rolls, multigrain, 55 g	2 (1-4)
Bread, seeded, 75 g	3 (1-8)
Bread, oat, 75 g	4 (1-5)
Cold cereal, oat ring, 15 g	4 (1-6)
Hot cereal, multigrain, cooked, 194 g	4 (2-12)
Cold cereal, granola/muesli, 55 g	6 (1-13)
Hot cereal, oat, cooked, 194 g	9 (2-19)
Hot cereal, millet, cooked, 194 g	10 (8-10)
Hot cereal, buckwheat, cooked, 140 g	16 (4-22)

**Whole grains, flours and starches**

Starch, potato, 10 g*	0
Flour, potato, 30 g*	0
Starch, rice, 10 g*	1
Semolina, 45 g	1

Starch, corn, 10 g*	1
Flour, rye, 30 g	1
Flour, white, 30 g	1 (0-1)
Rye kernels, whole/cracked, 45 g	1
Flour, rye, whole, 30 g	1
Flour, barley, 30 g*	1
Starch, cassava, 10 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Rice, white, cooked, 140 g	1 (1-6)
Wheat bran, 15 g	1 (1-3)
Wheat kernels/bulgur, 45 g	1 (1-4)
Wheat germ, 15 g	2 (1-2)
Spelt, raw, 45 g	2
Rice, white, raw, 45 g	2 (1-2)
Flour, cassava, 30 g	2 (1-2)
Rice, brown, raw, 45 g	2 (1-2)
Rice, brown, cooked, 140 g	2 (1-3)
Wheat kernels/bulgur, cooked, 140 g*	2
Barley, raw, 45 g	2 (1-3)
Quinoa, cooked, 140 g	2 (0-3)
Cornmeal, 30 g	2 (1-4)
Flour, teff, 30 g	2 (2-3)
Oat bran, 15 g*	2
Flour, rice, 30 g	2 (1-4)
Flour, almond, 15 g	3 (2-4)
Flour, coconut, 15 g*	3
Sorghum, cooked, 140 g*	3
Sorghum, dry, 45 g*	3
Flour, chickpea, 15 g	4 (2-7)
Amaranth, raw, 45 g	4 (1-8)
Quinoa, raw, 45 g	4 (1-11)
Flour, millet, 30 g*	4
Oats, raw, 40 g	5 (2-12)
Millet, raw, 40 g	5 (3-8)
Flour, oat, 30 g*	6
Flour, buckwheat, 30 g	6 (2-13)
Flour, soy, 15 g	7 (5-13)
Buckwheat, raw, 45 g	10 (2-25)
Flour, pea, 15 g	20 (1-52)

**Fruits - Berries**

Cranberries, 55 g	1
Gooseberries, 80 g	1
Strawberries, 140 g	1 (0-5)
Lingonberries, 80 g	1 (1-3)
Currants, 80 g	1 (0-2)

Blueberries, 80 g	1 (1-2)	Celeriac, 85 g	1	Zucchini, 85 g	1 (0-3)
Raspberries, 80 g	2 (0-8)	Rutabaga, 85 g	1	Squash, 85 g	2 (1-2)
Blackberries, 80 g	2 (2-3)	Kohlrabi, 85 g*	1	Artichoke, 85 g*	2
Rosehips, 80 g*	4	Turnip, 85 g	1 (0-2)	Snow pea, 85 g*	2
<b>Fruits - Citrus</b>		Water chestnut, 85 g*	1	Pumpkin, 85 g	2 (1-3)
Grapefruit, 140 g	1 (0-3)	Beets, 85 g	1 (1-3)	Brussels sprouts, 85 g	2 (1-5)
Lemon / Lime, 55 g	1 (0-2)	Potato, 110 g	1 (0-9)	Green beans, 85 g	2 (1-5)
Orange, 140 g	1 (1-4)	Sweet potato, 110 g	2 (1-3)	Rhubarb, 140 g	2 (1-7)
Citrus fruits, unspecified, 140 g	1 (1-2)	Yam, 110 g	2 (2-3)	Asparagus, 85 g	3 (2-4)
Pomelo, 140 g	1 (1-2)	Parsnip, 85 g	2 (1-4)	Snap peas, 85 g*	3
Citrus fruits, canned, 140 g	1 (1-4)	Fennel, 85 g*	3	Okra, 85 g	3 (2-5)
Tangerine or mandarin orange, 140 g	1 (1-3)	Taro root, 110 g*	4	Bean sprouts, 65 g	3 (2-6)
<b>Fruits - Other</b>		Cassava, 110 g	4 (2-7)	Peas, dried, 35 g	4 (1-6)
Breadfruit, 140 g	1	<b>Vegetables - Leafy</b>		Chayote, 85 g	4 (1-7)
Apple, 140 g	1 (0-2)	Cabbage, 85 g	1 (0-5)	Peas, 85 g	5 (1-19)
Grape, 140 g	1 (0-7)	Lettuces, 85 g	1 (0-3)	<b>Vegetables - Prepared</b>	
Mango, 140 g	1 (1-2)	Spinach, 85 g	1 (1-6)	Tomato, composite, 107.5 g	1 (0-1)
Cherries, 140 g	1 (1-2)	Head/iceberg lettuce, 85 g	1 (0-3)	Kohlrabi, composite, 107.5 g	1
Kiwi, 140 g	1 (0-3)	Mustard leaves, 85 g	1 (1-2)	Turnip, cooked, 130 g	1 (1-2)
Banana, 140 g	1 (1-4)	Kale, 85 g	2 (1-2)	Eggplant, cooked, 130 g	1 (0-5)
Pineapple, 140 g	1 (1-7)	Chard, 85 g	2 (1-2)	Cabbage, cooked, 130 g	1 (0-2)
Watermelon, 150 g	1 (1-4)	Bok choy, 85 g	2 (1-3)	Leek, cooked, 130 g	1
Jack fruit, 140 g	1 (1-2)	Watercress, 85 g	2 (1-3)	Fennel, composite, 107.5 g	1
Pear, 140 g	1 (1-7)	Alfalfa sprouts, 85 g	3 (2-3)	Pumpkin, marinated, 130 g	1
Peach or nectarine, 140 g	1 (1-8)	Arugula/rocket, 85 g*	3	Celery, composite, 107.5 g	1 (0-1)
Jujube, 140 g	2	Collard greens, 85 g*	3	Carrot, cooked, 130 g	1 (0-2)
Melons, 150 g	2 (1-5)	Leaf chicory (endive or radicchio), 85 g	3 (1-5)	Corn, canned, 130 g	1 (1-6)
Guava, 140 g	2 (1-2)	Seaweed, 15 g	3 (1-11)	Cabbage, sauerkraut, 85 g	1
Pineapple, canned, 140 g	2 (1-12)	Garden cress, 85 g*	4	Onion, cooked, 130 g	1 (0-3)
Papaya, 140 g	2 (1-6)	<b>Vegetables - Other</b>		Okra, cooked, 130 g	1 (1-2)
Dragon fruit, 140 g	2 (1-3)	Olives, 15 g	1 (0-1)	Corn, cooked, 130 g	1 (1-3)
Dates, fresh, 140 g	2 (2-3)	Pickles, 30 g	1 (0-1)	Beets, canned, 130 g	1 (1-2)
Lychee, 140 g	2 (1-4)	Tomato, 85 g	1 (0-3)	Spinach, cooked, 130 g	1 (1-2)
Apricot, canned, 140 g	2 (1-22)	Celery, 85 g	1 (0-2)	Cauliflower, cooked, 130 g	1 (0-5)
Persimmon, 140 g	3 (3-4)	Mushrooms, 85 g	1 (0-4)	Pumpkin, composite, 107.5 g	1 (1-2)
Apricot, 140 g*	3	Cucumber, 85 g	1 (0-3)	Collard greens, cooked, 130 g	1 (1-4)
Passionfruit, 140 g*	4	Leek, 85 g	1 (1-2)	Beets, cooked, 130 g	1 (1-4)
Star fruit, 140 g*	4	Corn, 85 g	1 (1-4)	Broccoli, cooked, 130 g	1 (1-3)
Avocado, 140 g	4 (1-30)	Tomato, sun-dried, 30 g	1 (0-1)	Potato, cooked, 167 g	1 (0-4)
Plum, 140 g	5 (1-8)	Bamboo shoot, 85 g*	1	Green beans, canned, 130 g	2 (1-5)
Coconut, 140 g	11 (4-19)	Cauliflower, 85 g	1 (0-3)	Potato, french fried, 70 g	2 (1-4)
<b>Vegetables - Root</b>		Spring onion, 40 g	1 (1-2)	Pumpkin, cooked, 130 g	2 (1-2)
Onion, 85 g	1 (0-2)	Eggplant, 85 g	1 (0-3)	Zucchini, cooked, 130 g	2 (1-6)
Carrot, 85 g	1 (0-4)	Broccoli, 85 g	1 (1-3)	Mushroom, canned, 130 g	2 (1-3)
Radish, 85 g	1	Peppers, 85 g	1 (0-5)	Mushroom, cooked, 130 g	2 (0-3)

Plantain, cooked, 167 g	2 (2-3)
Seaweed, cooked, 15 g	2 (1-3)
Sweet potato, canned, 167 g	2 (1-5)
Sweet potato, cooked, 167 g	2 (0-6)
Squash, cooked, 130 g	2 (1-7)
Asparagus, canned, 130 g	2 (1-3)
Brussels sprouts, cooked, 130 g	2 (1-7)
Asparagus, cooked, 130 g	2 (1-5)
Yam, cooked, 167 g*	2
Potato, cooked with skin, 167 g	2 (1-17)
Spinach, canned, 130 g	3 (1-4)
Taro, cooked, 167 g	3
Artichoke, cooked, 130 g*	3
Kale, cooked, 130 g	3 (1-4)
Green beans, cooked, 130 g	3 (1-10)
Parsnip, cooked, 130 g*	3
Peppers, composite, 107.5 g	3 (0-7)
Rutabaga, cooked, 130 g	3 (0-9)
Tomato, canned, 130 g	4 (0-7)
Peas, cooked, 130 g	4 (1-11)
Snap peas, cooked, 130 g*	4
Fennel, cooked, 130 g*	6
Peas, canned, 130 g	7 (3-8)
Cassava, cooked, 167 g	7 (4-10)
<b>Meat, poultry, eggs and substitutes</b>	
Venison, 125 g	1
Rabbit, 125 g	1 (0-1)
Sausage, 75 g	1 (0-1)
Egg, 100 g	1 (0-1)
Beef, 125 g	1 (0-2)
Ground beef and/or pork, 125 g	1 (0-2)
Lamb, 125 g	1 (1-2)
Chicken, turkey and other poultry, 125 g	1 (0-3)
Seitan, 100 g	1 (0-1)
Veal, 125 g	1 (1-2)
Pork, 125 g	1 (0-2)
Soya sausage, 75 g	1 (0-2)
Black pudding, 75 g	1 (0-2)
Mutton, 125 g	1 (1-2)
Bacon, 54 g	1 (0-4)
Organ meats, 125 g	1 (0-6)
TVP (texturized vegetable protein), 100 g	26 (10-53)
<b>Meat, poultry and eggs - Prepared</b>	
Bacon, cooked, 15 g	0 (0-1)
Pork, cured, 30 g	1

Beef, cured, 30 g	1 (0-1)
Venison, cooked, 100 g	1 (0-1)
Lunch meat, 55 g	1 (0-2)
Lunch meat, canned, 55 g	1 (0-1)
Chicken, turkey and other poultry, cured, 1	1
Black pudding, cooked, 55 g	1 (0-1)
Meat jellies, 120 g	1
Pate, 55 g	1 (0-4)
Egg, cooked, 100 g	1 (0-7)
Veal, cooked, 100 g	1 (0-3)
Egg powder, 20 g	1
Sausage, cooked, 55 g	1 (0-5)
Chicken, turkey and other poultry, cooked, 1	1 (0-5)
Pork, cooked, 100 g	1 (0-18)
Lamb, cooked, 100 g	1 (0-9)
Organ meats, cooked, 100 g	1 (0-8)
Beef, cooked, 100 g	1 (0-12)
Mutton, cooked, 100 g	2 (1-6)
Pork, cured, cooked, 55 g	2 (0-39)
Ground beef and/or pork, cooked, 100 g	4 (0-31)
<b>Fish and seafood</b>	
Fish, roe, 15 g	0 (0-1)
Lobster, 125 g	1
Eel, 125 g	1 (0-3)
Squid or octopus, 125 g	1 (1-4)
Prawn, 125 g	1 (1-5)
Shrimp, 125 g	2 (1-3)
Crayfish, 125 g	2
Fish, 125 g	2 (0-10)
Crab, 125 g	2 (1-4)
Oysters, 125 g	6 (1-15)
Mussels, 125 g	11 (1-40)
Clams, 125 g	14 (1-46)
Scallops, 125 g	18 (1-43)
<b>Fish and seafood - Prepared</b>	
Eel, cooked, 100 g	0 (0-1)
Crustaceans, canned, 55 g	1 (0-1)
Shrimp, cooked, 100 g	1 (0-2)
Fish, pickled, 55 g	1 (0-1)
Fish, canned, 55 g	1 (0-2)
Lobster, cooked, 100 g	1
Squid or octopus, cooked, 100 g	1
Crab, cooked, 100 g	1
Prawns, cooked, 100 g	1 (1-2)
Fish, salted or smoked, 55 g	1 (0-10)

Fish, cooked, 100 g	1 (0-17)
Oysters, cooked, 100 g*	2
Scallops, cooked, 100 g	2 (1-3)
Bivalves, canned, 55 g	4 (3-5)
Crayfish, cooked, 100 g	4 (1-6)
Mussels, cooked, 100 g	6 (1-47)
Bivalves, pickled, 55 g	8 (2-15)
Snails or whelks, cooked, 100 g	8 (1-21)
<b>Beans and bean products</b>	
Beans, chickpea, canned, 80 g	2 (2-4)
Beans, kidney, canned, 80 g	2 (1-4)
Beans, white, canned, 80 g	3 (2-4)
Beans, black, canned, 80 g	3 (3-4)
Beans, white, cooked, 80 g	3 (0-6)
Beans, lentil, canned, 80 g	3 (2-5)
Beans, chickpea, cooked, 80 g	4 (3-5)
Beans, pinto, canned, 80 g	4 (3-6)
Tofu, 85 g	4 (2-37)
Beans, pinto, cooked, 80 g	6 (2-8)
Beans, lima, cooked, 80 g	6 (1-10)
Beans, various, dried, 35 g	6 (2-25)
Beans, various, cooked, 80 g	6 (0-25)
Beans, various, fresh, 80 g	7 (2-10)
Beans, various, canned, 80 g	7 (2-7)
Beans, lentil, cooked, 80 g	7 (6-9)
Beans, black, cooked, 80 g*	12
Soya flakes, 35 g*	15
<b>Nuts and seeds</b>	
Peanut butter, 15 g	1 (0-6)
Chestnuts, 30 g	2
Almond butter, 15 g	2
Peanuts, 30 g	2 (1-39)
Almonds, 30 g	3 (1-4)
Pistachios, 30 g	3 (1-4)
Sesame seeds, 30 g	4 (1-8)
Poppy seeds, 30 g	4 (1-8)
Macadamia nuts, 30 g*	5
Flaxseed, 30 g	6 (4-7)
Hazelnuts, 30 g	6 (2-10)
Pumpkin seeds, 30 g	6 (1-11)
Chia seeds, 30 g	7 (5-9)
Pine nuts, 30 g	7 (5-9)
Brazil nuts, 30 g	8 (2-14)
Walnuts, 30 g	11 (4-15)
Sunflower seeds, 30 g	11 (2-19)

Cashews, 30 g	16 (12-23)	Tea, hibiscus, brewed, 250 g	3 (0-4)	Fenugreek, 0.5 g	0 (0-1)
Alfalfa seeds, 30 g	17 (12-22)	Cereal grain beverage, 250 g	3 (0-6)	Basil, dry, 0.5 g	0 (0-1)
Hemp seeds, 30 g	18 (15-20)	Hot chocolate powder, 25 g	4 (2-6)	Cinnamon, 0.5 g	0 (0-1)
Pecans, 30 g	18 (6-45)	Hot chocolate, 250 g	6	Cardamom, 0.5 g	1 (0-1)
<b>Beverages - Alcoholic</b>		<b>Beverages - Other</b>		Garlic, 4 g	1 (0-1)
Liquor, 45 g	0 (0-1)	Water, tap, 375 g	0 (0-2)	Peppermint, dry, 0.5 g	1
Beer, 333 g	1 (0-7)	Carbonated drinks, 375 g	1 (0-1)	Cumin, 0.5 g	1 (0-1)
Vermouth, 83 g	1	Sports drink, 375 g*	1	Marjoram, dry, 0.5 g	1
Cider, 333 g	1	Water, bottled, 375 g	1 (0-19)	Mace, 0.5 g*	1
Wine, 188 g	1 (0-2)	Carbonated drinks, canned, 375 g	1 (0-5)	Curry leaves, 1.5 g*	1
Fortified wine, 83 g	1 (0-2)	Energy drink, 375 g	1 (1-12)	Nigella seeds, 0.5 g	1
<b>Beverages - Juices</b>		Iced tea, 375 g	2 (1-2)	Rosemary, fresh, 1.5 g	1
Lemon juice, 5 g	0	Malt drink, 250 g	2 (1-3)	Anise, 0.5 g*	1
Lemonade, 250 g	1 (0-1)	Vanilla milkshake, 250 g	2 (1-10)	Anchovy paste, 15 g	1 (0-1)
Mango juice, 250 g	1	Chocolate milk, 250 g	3 (1-5)	Parsley, fresh, 1.5 g	1 (0-1)
Fruit drink, 250 g	1 (0-3)	Coconut water, 375 g	4 (0-17)	Sage, dry, 0.5 g	1
Citrus juice, canned, 250 g	1 (0-1)	Chocolate milkshake, 250 g	5 (2-31)	Thyme, dry, 0.5 g	1 (0-1)
Citrus juice, 250 g	1 (0-1)	<b>Herbs and spices</b>		Pepper, black, 0.5 g	1 (0-2)
Grape juice, 250 g	1 (0-2)	Saffron, 0.5 g	0	Basil, fresh, 1.5 g	1
Citrus juice, from concentrate, 250 g	1 (0-5)	Salt, 1 g	0	Hot peppers, dried, 0.5 g	1 (0-1)
Apple juice, canned or bottled, 250 g	1 (0-4)	Dill, dried, 0.5 g*	0	Oregano, dry, 0.5 g	1
Peach juice, 250 g	1	Bay leaf, dried, 0.5 g*	0	Ramen noodle powder, 1.5 g*	1
Grapefruit juice, 250 g	1 (0-4)	Chervil, 1.5 g*	0	Oregano, fresh, 1.5 g	1
Pineapple juice, 250 g	2 (1-2)	Dill, fresh, 1.5 g*	0	Cayenne pepper, 0.5 g	1 (1-2)
Vegetable juice, 250 g	2 (1-3)	Mustard seed, 0.5 g	0	Fennel, dry, 0.5 g	1 (1-2)
Tomato juice, 250 g	2	Onion, dried, 0.5 g*	0	Savoury, dried, 0.5 g*	1
Pear juice, 250 g	2 (1-3)	Annatto, 0.5 g	0	Hot peppers, 40 g	2 (1-2)
Tomato juice, canned, 250 g	2	Wasabi, dry, 0.5 g	0	<b>Fats and oils</b>	
Vegetable juice, canned, 250 g	2 (1-9)	Ginger, fresh, 1.5 g	0	Olive oil, 10 g	0 (0-1)
Tomato juice, bottled, 250 g	2 (2-6)	Tamarind, 1.5 g	0	Cottonseed oil, 10 g	0
Pineapple juice, from concentrate, 250 g	3 (1-6)	Cloves, 0.5 g	0	Lard, 10 g	0
Prune juice, 250 g	4 (3-8)	Turmeric powder, 0.5 g	0	Butter, 10 g	0 (0-1)
<b>Beverages - Hot</b>		Allspice, 0.5 g	0	Corn oil, 10 g	0 (0-1)
Tea, lemongrass, brewed, 250 g	1 (0-1)	Coriander seeds, 0.5 g	0	Grapeseed oil, 10 g	0
Instant coffee powder, 3 g	1 (0-1)	Ginger, dry, 0.5 g	0 (0-1)	Palm oil, 10 g	0
Coffee, brewed, 250 g	1 (0-5)	Mint leaves, 1.5 g*	0	Mustard oil, 10 g	0
Tea, yerba mate, brewed, 250 g	1 (0-1)	Rosemary, dry, 0.5 g	0 (0-1)	Rice oil, 10 g	0
Tea, peppermint, brewed, 250 g	1 (0-2)	Cilantro, 1.5 g	0	Hazelnut oil, 10 g	0
Tea, herbal, brewed, 250 g	1 (0-3)	Parsley, dry, 0.5 g	0 (0-1)	Sunflower oil, 10 g	0 (0-1)
Tea, brewed, bag, 250 g	1 (0-3)	Nutmeg, 0.5 g	0 (0-1)	Avocado oil, 10 g	0 (0-1)
Tea, brewed, loose, 250 g	1 (1-6)	Garlic, dry, 0.5 g	0 (0-1)	Cocoa butter, 10 g	0
Tea, chamomile, brewed, 250 g	1 (0-4)	Chives, 1.5 g*	0	Margarine, 10 g	0 (0-2)
Green tea, brewed, loose, 250 g	2 (1-3)	Curry leaves, dry, 0.5 g	0 (0-1)	Peanut oil, 10 g	0 (0-1)
Green tea, brewed, bag, 250 g	2 (1-3)	Mint, dry, 0.5 g	0 (0-1)	Soybean oil, 10 g	0 (0-1)
Tea, brewed, 250 g	2 (1-8)	Paprika, 0.5 g	0 (0-1)	Coconut oil, 10 g	0 (0-1)

Canola/rapeseed oil , 10 g	1 (0-1)
Sesame oil, 10 g	1 (0-1)
Ghee, 10 g	1 (1-3)
Shortening, 10 g	2 (1-3)
<b>Snacks and desserts</b>	
Popsicle, 30 g	0 (0-1)
Pork rinds, 20 g	1
Chewing gum, 3 g	1 (0-1)
Gelatin dessert, 130 g	1 (0-1)
Applesauce, 110 g	1 (0-3)
Vanilla ice cream or frozen yogurt, 129 g	1 (0-4)
Graham crackers, 30 g	1 (0-1)
Cookies, not chocolate, 30 g	1 (0-7)
Raisins, 40 g	1 (0-5)
Pretzels, 50 g	1 (0-1)
Banana chips, 40 g*	1
Sherbert/sorbet, 129 g	1 (0-5)
Cereal bar, rice, 35 g*	1
Potato chips, 50 g	1 (1-3)
Corn chips, 50 g	1 (1-2)
Vegetable chips, 50 g	1 (1-2)
Rice pudding, 130 g	1 (1-2)
Savoury crisps, 50 g	1 (1-2)
Dried dates, 40 g	2 (1-2)
Snacks, corn-based, 50 g	2 (1-2)
Popcorn, 50 g	2 (0-5)
Cookies with nuts, 30 g	2 (1-3)
Pudding, not chocolate, 130 g	2 (0-6)
Cookies with chocolate, 30 g	2 (0-7)
Prunes, 40 g	3 (2-3)
Cereal bar, 35 g	3 (1-5)
Pudding, chocolate, 130 g	3 (2-4)
Cereal bar, with chocolate, 35 g	3 (1-7)
Dried apricots, 40 g	4 (2-5)
Dried figs, 40 g	5 (5-6)
Ice cream, non-dairy, 129 g	5 (2-9)
Chocolate ice cream, 129 g	6 (3-7)
Snacks, bean-based, 50 g	7 (3-13)
<b>Sugars and sweets</b>	
Sugar, white, 4 g	0
Sugar, brown, 4 g	0
Corn/glucose syrup, 30 g*	0
Gummy candy, 40 g	0 (0-1)
Molasses, 20 g	1 (0-1)
Candy, 40 g	1 (0-3)

Honey, 20 g	1 (0-5)
Sweetened evaporated milk, 30 g*	1
Syrup, not chocolate, 60 g	1 (0-2)
White chocolate, 15 g	1 (0-2)
Marzipan, 30 g*	1
Malt syrup, 30 g*	2
Maple syrup, 60 g	2
Chocolate confections with nuts, 40 g	2 (0-12)
Licorice, 40 g	2 (1-3)
Confections with nuts, 50 g	3 (1-5)
Chocolate, 40 g	4 (2-20)
Chocolate confections, 40 g	4 (1-13)
Syrup, chocolate , 60 g	6 (1-8)
<b>Sauces, dips, condiments and spreads</b>	
Chili sauce, 15 g	0
Mayonnaise, 15 g	0 (0-1)
Hollandaise sauce, 30 g*	0
Mustard, 5 g	0 (0-1)
Relish, 15 g*	0
Fruit jelly, 15 g	0 (0-1)
Fruit jams, 15 g	0 (0-2)
Horseradish, 5 g	1 (0-1)
Ketchup, 15 g	1 (0-1)
Chutney, 15 g	1 (0-1)
Dips, dairy-based, 30 g	1 (0-2)
Bechamel sauce, 125 g	1 (0-1)
Barbecue sauce, 15 g	1 (0-1)
Sweet and sour sauce, 30 g	1 (0-1)
Dressings, 30 g	1 (0-22)
Teriyaki sauce, 15 g*	1
Soy mayonnaise, 15 g	1
Salsa, 60 g	1 (0-3)
Gravy, 60 g	1 (0-4)
Guacamole, 30 g	1 (1-2)
Soy sauce, 15 g	1 (0-4)
Hummus / pulse dips, 30 g	2 (1-4)
Chocolate hazelnut spread, 15 g	2
Curry sauce, 125 g	2 (1-3)
Tartar sauce, 30 g	2 (0-5)
Pesto, 60 g	3 (1-9)
Satay sauce, 125 g*	5
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Yeast, 0.6 g	0
Baking powder, 0.6 g	0 (0-1)

Vinegar, 15 g	0 (0-1)
Baking soda, 0.6 g	1 (0-1)
Barley malt, dried, 5 g*	1
Tomato sauce, 60 g	1 (1-2)
Bouillon powder, 6 g	1 (0-1)
Broth, 250 g	2 (1-2)
Tomato paste, 30 g	2 (1-3)
Coconut, dried, 15 g	3 (1-5)
Cocoa powder, 5 g	6 (3-9)

**Legend**

Less than 1 µg nickel per serving	
Less than 10 µg nickel per serving	
Less than 20 µg nickel per serving	
More than 30 µg nickel per serving	

- For adults, a reasonable target is 15 points per day.
- Foods are ordered from lowest to highest average nickel score.
- A \* means there are very few measurements, so it's unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Avoid stainless steel utensils and equipment except 18/0. Line metal pans with parchment paper.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to serving sizes. For reference, 1 gram is approximately 1 mL of a liquid, so for liquids:
 

5 g ~	5 mL ~	1 tsp
15 g ~	15 mL ~	1 tbsp
30 g ~	30 mL ~	1 fl oz
60 g ~	60 mL ~	1/4 cup
125 g ~	125 mL ~	1/2 cup
- "Prepared" meats, fish and vegetables are separated from raw because cooking affects nickel content. If someone else is doing the cooking, use the "prepared" score. If you are preparing the food with low nickel equipment, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

To explore the data, change serving sizes and log your nickel intake, try the Nickel Navigator app, available on iOS and Android.

NOTE: This diet is intended for individuals with a diagnosed nickel allergy. If you have not been tested, please do so before starting this diet. Consult a health care professional to ensure that your long-term dietary needs are being met.